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CALGARY • TUESDAY, MAY 5, 2009 metronews.ca

Emergency system turns to technology

JEFF CUMMINGS
Metro Canada

SAFETY Alberta's emergency public-warning system will soon include text messaging on mobile phones and pop-up windows on social networking sites like Facebook and Twitter, the government announced yesterday.

The province will also "take advantage" of new technologies like satellite

"We want to have as much access to the public as we possibly can."

Ray Danyluk

kicked off Emergency Preparedness Week in Edmonton. "We want to have as much access to the public as we possibly can," he said.

Danyluk said the government has consulted with a number of media partners and stakeholders to find ways to improve the emergency system that has been operating for the last 15 years.

Entertainment pg 20



Star Trek's new recruits

Health pg 18



Working out on the go

City Hall Music Monday for students



Students from the Calgary public and separate school boards were treated to a live performance by the Calgary Philharmonic Orchestra string quartet at the Atrium in Calgary City Hall yesterday for Music Monday. Students across the country participated in the event co-ordinated by the Coalition for Music Education in Canada. View online at metronews.ca/local.

Alberta confirms 6 more flu cases

Girl exhibits 'severe' symptoms: Doctor

JEFF CUMMINGS
Metro Canada

Alberta now has six more H1N1 flu cases, including a young girl who is in hospital with "severe" symptoms, said the province's chief medical officer of health yesterday.

Dr. Andre Corriveau said the girl was admitted into hospital last Thursday with the influenza A virus.

"It is the first time that we had a case that requires hospitalization," said Corriveau.

"All other cases we've had so far, which has been the pattern pretty much around the world outside of Mexico, (have been) mild and are recovering uneventfully."

Health officials wouldn't reveal the girl's age, citing privacy concerns, but they said there was no need for school closures.

"We are still investigating and

"There is no danger (in) eating pork."

Jurgen Preugschas,
Canadian Pork Council

we are trying to track down all of the (patient's) contacts," said Dr. Gerry Predy, a senior medical officer of health with Alberta Health Services.

Corriveau said the girl and members of her immediate family have not recently visited Mexico, where the illness originated.

The province has so far recorded 24 cases, and all of the cases have included people under the age of 42. Not all of those cases are still active.

"This is an indication that those are the people that are travelling more," said Corriveau. "That is the pattern we are seeing so far."

Of the other five cases, two are from Calgary and three are in cen-

tral Alberta, said health officials. Corriveau said four of the people who contracted the virus had recently travelled to Mexico.

Meanwhile, Alberta's pork industry says its producers have taken a hit in their pocketbooks since the scare began, especially after a farm worker who came back from Mexico infected a herd of pigs in central Alberta last month.

"When it was called the swine flu, our markets dropped severely," Jurgen Preugschas, president of the Canadian Pork Council, said yesterday.

"(The producers) put in a lot of effort to provide a safe and healthy product," he added. "(The flu) has not changed that aspect one little bit. There is no danger (in) eating pork."

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Controversial bill doesn't include teaching of evolution, says Blackett

Lindsay Blackett, Alberta minister responsible for human rights, said a controversial new bill permitting parents to pull their kids from class if they don't agree with the topic does not include science classes when evolution is taught. Blackett said Bill 44 would apply to religious matters or sexuality, but not science. **METRO CALGARY**

Local



City woman Top Model finalist

A 20-year-old Calgary woman could be Canada's Next Top Model. Nikita, left, a sales representative, was named as one of the final 11 contestants to battle it out on the catwalk to be named Canada's hottest of the hot. The series begins May 26 on CTV. **METRO CALGARY**

Suspect sought in assault on teen

INVESTIGATION Calgary Police are investigating an alleged sexual assault in the city's northeast.

A 14-year-old girl was dropped off at a school in the 500 block of 32 Avenue NE, when an unknown male grabbed her from behind.

She was then forced into a secluded area by the male where he then sexually assaulted her, police said, until she was able to get loose and run away.

The suspect is described as a Caucasian in his mid-to-late teens.

Police seek Jan. 1 murder witnesses

RE-ENACTMENT Witnesses are wanted for the triple homicide that occurred Jan. 1 in a restaurant at MacLeod Trail and 94 Ave. S.E. Crime Stoppers will be doing a re-enactment of the murders today.

Calgary Police are seeking information about a newer-model silver Mazda 3 car and a newer-model silver four-door Toyota truck seen driving suspiciously at the time. **METRO CALGARY**

News in brief

FIREARMS Two Calgarians are facing numerous charges in relation to the theft and sale of firearms, two of which were used in Alberta crimes, police said. An employee of Wholesale Sports on 25 Heritage Way SE was allegedly working with an accomplice to steal the guns from the store. **METRO CALGARY**

Fire sends three to hospital

JOEL MESSNER
for Metro Calgary

Three residents were taken to hospital after a fire broke out in their northeast home early yesterday morning.

Firefighters were called to the 100 block of Maitland Dr. NE after reports of smoke coming from the home.

Upon arrival, firefighters found a couch had caught fire in the basement of the bungalow-style home.

According to a neighbour, among the people living at the home were young children.

Fire crews on the scene had noted that the home did not have any working smoke detectors, they said yesterday.

"Smoke detectors are proven to save lives and for the minimum amount of time it takes to ensure you have working smoke detectors, it's well worth the peace of mind for your family," said Jeff Budai of the Calgary Fire Department.



Careless disposal of smoking material is believed to be the cause of a couch fire that sent three people to hospital with smoke inhalation early yesterday morning, the fire department said.

Calgary Fire Department.

It is not yet determined whether the family owns the residence or were renting, but neither situation voids a tenant's responsibility for the smoke detectors' maintenance.

According to the Alberta Municipal Affairs Safety Services branch, the owner

of a leased dwelling must make sure smoke alarms are working and cleaned prior to the tenant's occupancy. They also must provide tenants with information on ongoing smoke alarm inspection testing and maintenance. It is then the tenant's duty to maintain the smoke alarms through regular test-

ing and maintenance.

The residents were taken to hospital with smoke inhalation as a precautionary measure.

The fire department said late yesterday the cause of the fire was careless disposal of smoking material and damages are estimated at around \$5,000

Travellers weigh in on passengers' bill of rights

Dustin Large said his airline experiences have generally been good, but a passengers' bill of rights might not be a bad idea.

The four major airlines in Canada announced yesterday the Bill of Rights for Passengers, in response to the private members' bill proposed by MP Jim Maloway of the NDP.

The proposed bill would include a variety of passenger-friendly measures aimed at easing discomfort due to airline delays or passenger inconveniences.

Large, who was at the airport yesterday, said any bad experience he's had, has been dealt with very well.

"I was involved with the holidays this year with all

the snow and (WestJet) refunded our money right away."

Regular flyer Scott Smith doesn't believe that it should be introduced because it would create "more regulation of the industry."

"Anytime I've been inconvenienced, like major delays, overnight stays, (the

airlines) have done a good job taking care of me."

Maloway's proposal includes \$500 to passengers on the tarmac for more than 60 minutes, compensation for cancelled and overbooked flights and requiring airlines to advertise the full price of flights.

AMY GREGSON/FOR METRO CALGARY
MORE COVERAGE, PG. 7

Community seeks funds for rinks

SETON A new multi-use facility with four hockey rinks could be just four years away if a southeast community has their way.

Residents in and around the far southeast community of Seton started a petition last week in hopes of attaining the approved \$70 million funding from the City of Calgary for the massive recreation centre.

"It would make such a huge difference for so many families. It would give us more ice time so we wouldn't have to keep kids playing hockey late on school nights," campaign co-ordinator Crystal Kelly said.

Those wishing to sign the petition can visit www.setonrecreationcentre.ca.

KRISTA SYLVESTER/METRO CALGARY

metronews.ca

What's online today.

Video Teachers speak out about legislation targeting controversial topics in the classroom at metronews.ca/local

Blogs Josey Vogels debuts her new blog, Sexcetera

Your Money Allan Small on why diversification is just as crucial in a hot market as it is in a sinking one at metronews.ca/investing



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A woman reported missing Sunday night has been found dead in the Crowsnest Pass near Coleman. RCMP said 57-year-old Sandra Giza went to check on her horses and never returned. An autopsy is being conducted. **METRO CALGARY**

News in brief

CONDO Calgarians are more willing to spend between \$200,000 and \$400,000 for a

two-bedroom condo than the rest of the country, according to a poll. **METRO CALGARY**

Life-saving dog honoured

Albertan Bichon Frise inducted into Purina Animal Hall of Fame

SunnySide

SIOBHAN O'BEIRNE
for Metro Calgary

Sophie, a people-loving, playful pup, was rewarded yesterday for giving 38-year-old Belinda Lazurko a second chance.

The 19-month old Bichon Frise from Olds, Alta, joined 140 animals in the Purina Animal Hall of Fame after an awards ceremony yesterday for her life-saving actions last summer.

On June 17, 2008, Sophie frantically paced on her owner, Mary-Ann Lazurko's, bed. She refused to allow her to go back to sleep.

"I thought she was trying to be a pain the butt at five in the morning," said Mary-Ann, "It took probably

"In retrospect I think she was making sure I was actually getting up."

Mary-Ann Lazurko

about 10 minutes before I decided to get up."

As soon as Mary-Ann's feet hit the ground Sophie ran to Belinda's room. Mary-Ann said, "In retrospect I think she was making sure I was actually getting up."

When Mary-Ann finally responded to the dog's odd behaviour she was guided to her daughter's bedroom where she found Belinda unconscious. Belinda had fallen into a diabetic coma.

An ambulance crew was able to return Belinda to consciousness by administering an IV upon arrival at the Lazurko home.



Sophie and her owner, Mary-Ann Lazurko.

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News in brief

MESSAGE Alberta health minister Ron Liepert is pushing to impose standards on the mas-

sage therapy industry. Liepert recently submitted a letter to the Massage Therapist Associa-

tion of Alberta saying he wants therapeutic massage to be regulated under the Health Provi-

sions Act with a minimum of 2,200 training hours required for registration. **METRO CALGARY**

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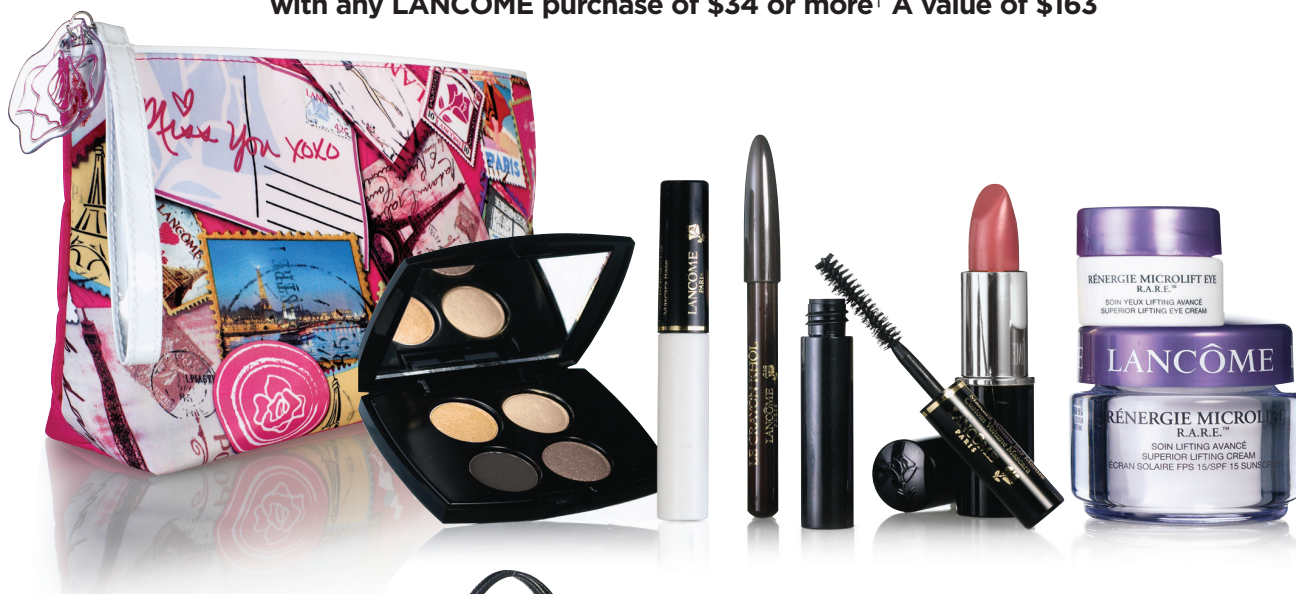
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BEAUTY
at the Bay



Ottawa's mayor pleaded not guilty yesterday when he was formally arraigned in court on the first day of his criminal trial. Larry O'Brien, left, faces charges of influence peddling after Terry Kilrea, his opponent in the 2006 municipal election, said O'Brien had offered to pay his campaign expenses. **CBC NEWS ONLINE**

Ottawa mayor pleads not guilty

Canada



Schreiber figure wrong: Testimony

A former spokesman for Brian Mulroney said he was never asked by his boss to correct the \$300,000 payment figure circulating in the media that related to cash received from Karlheinz Schreiber because it would have been a waste of time. Luc Lavoie, left, testifying at the federal inquiry yesterday in Ottawa, said he had learned around 2002 that the amount Mulroney received for his services was less than the \$300,000 figure cited by Schreiber. **CBC NEWS ONLINE**

Benefits may be delayed 'til 2010

INFRASTRUCTURE For all the talk of a multibillion dollar spending spree on bridges, roads, and hospitals, Canada's infrastructure companies are unlikely to reap financial benefits before year's end, analysts say. Canada plans to spend \$40 billion over the next two years as it tries to dig out of a downturn. **REUTERS**

News in brief

COURT A Toronto man charged with allegedly trying to send devices that could be used for nuclear technology to Iran was denied bail in a Toronto court yesterday. Mahmoud Yadehari, 35, was arrested last month at his North York home following a joint investigation conducted by the RCMP and the U.S. Department of Homeland Security. **TORSTAR NEWS SERVICE**

Ottawa Salute to soldiers



Netherlands Defence Attaché Lt.-Col. Henry Schevers, left, and Netherlands ambassador to Canada H.E. Wim Geerts pay their respects to those who died fighting for Dutch freedom after laying a wreath at the National War Memorial yesterday.

Election would be crapshoot: Pollster

Iggy's tough talk more of a warning, analysts claim

While the opposition Liberals are threatening to trigger a new election to protest against government handling of the economic crisis, there is no guarantee Canadians will be voting any time soon.

Liberal Leader Michael Ignatieff, buoyed by recent polling numbers, demanded on Sunday that the minority Conservative government make unemployment payments more generous to help Canadians ride out the recession.

"If the government will work with me, then we'll get it done. If they won't. Then we'll have to have an

election," he said after a party conference confirmed him as the new leader.

But analysts said Ignatieff's tough words were more of a warning to Prime Minister Stephen Harper than a genuine declaration that he is ready to bring down the Conservative government. They pointed to a host of reasons why an election might not happen soon.

First, Liberal support, though higher, is still not strong enough to guarantee even a narrow victory.

And to bring the Conser-

vatives down the Liberals need the support of both the other opposition parties in the House of Commons, neither of which may be in the mood to co-operate.

Nik Nanos, head of the Nanos Research polling firm, said an election now — Canada's fourth in five years — would "really be a crapshoot for either one of the main parties."

Two polls over the weekend put support for the Liberals at 36 per cent compared with 33 per cent for the Tories. **REUTERS**



Harper

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Opposition united in calls to reform EI system

The Liberals are demanding EI reforms before Parliament's summer break. The issue dominated question period as Liberal, NDP and Bloc Québécois MPs challenged the Conservative government to lower the amount of employment hours needed to qualify for benefits. **CBC NEWS ONLINE**

canada 7

Homework of little benefit to kids: Report

Homework is of little benefit to elementary school students, but can be useful for older students as long as it is not simply rote learning, says a report examining 18 studies on the issue.

The report, by the Canadian Council on Learning, says in some cases homework can boost achievement and that older students — from Grade 8 and up — seem “most likely to benefit from doing homework,” as do lower-achieving students.

Homework is a hot topic among students, parents and educators and just last fall the Toronto public board introduced a groundbreaking homework policy after complaints about the amount of work students were bringing home.

Among the new rules: Homework should only cover materials taught in class and consist of “clear, pur-

poseful and engaging activities;” that a one-hour maximum be implemented for Grades 7 and 8 students, two hours for high schoolers; and that teachers assign homework in blocks so students can plan ahead.

It also said up to Grade 2, homework should mostly be playing games.

While yesterday's report “confirmed” the rule of no more than 10 minutes of homework per grade — meaning a Grade 4 student would have a maximum of 40 minutes — the Toronto public board did away with that guideline because not all children work at the same pace.

Last year, two University of Toronto professors conducted the first-ever Canadian look at homework and found Ontario students, on average, spend more time on homework than the rest of the country.

TORSTAR NEWS SERVICE



Canadian peace activist and former hostage James Loney addresses demonstrators gathered outside a passport office in Toronto in support of Abousfian Abdelrazik — a Canadian citizen who can't fly home from Sudan because Ottawa refuses to give him a passport.

Former hostage leads demonstration

CITIZENSHIP Canadian peace activist James Loney, once held hostage in Iraq, knows what it is like to spend months “aching and yearning with my whole being to come home.”

That is why he led a demonstration in downtown Toronto yesterday to raise awareness about

Abousfian Abdelrazik, a Canadian citizen stranded in Sudan and living inside the embassy because Ottawa refuses to give him a passport on grounds of national security.

Loney said he is “astounded, saddened and outraged” the government's efforts to secure his re-

lease in 2006 have not been extended to 47-year-old Abdelrazik, a Montreal man who has been suspected of terrorist affiliations. Particularly egregious is the attempt to “actively block” Abdelrazik from returning home, said Loney.

TORSTAR NEWS SERVICE

Airlines move to establish ‘flight rights’ program

TRAVEL The country's airlines have moved to make a federal “Flight Rights” consumer awareness program legally binding in the apparent hopes it will head off any new consumer protection legislation for the industry.

Air Canada, WestJet Airlines Ltd. and Air Transat AT Inc. have filed tariffs with the Canadian Transportation Agency that codify the airlines' responsibilities to their customers in various circumstances.

They include rebooking or providing refunds to passengers who are bumped from overbooked flights, offering meal vouchers for delays longer than four hours and providing hotel rooms for delays that require an overnight stay in an airport.

However, the airlines say they won't be held responsible for delays that are beyond their control, including weather and traffic.

TORSTAR NEWS SERVICE

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Nepal's Maoist Prime Minister Prachanda resigned after a crisis sparked by his sacking of the country's army chief, plunging the Himalayan republic into a political turmoil. The one-year-old Maoist-led government fired Gen. Rookmangud Katawal on Sunday, accusing him of refusing to accept the supremacy of the civilian government. **REUTERS**

Nepal's PM steps down

World



Boston Globe stays alive, for now

The Boston Globe's biggest union won some breathing space after its owner, The New York Times Co., said it will not file notice of its intention to close the newspaper, at least for now. Six of the seven unions representing employees of the money-losing Globe reached tentative agreements with Times Co., which has threatened to shut the 137-year-old newspaper unless it agrees to \$20 million US in concessions. But the future of New England's largest newspaper remained in doubt yesterday. **REUTERS**

WHO undecided if H1N1 is a pandemic

VIRUS The World Health Organization is keeping a close eye on the spread of the H1N1 virus outside North America as it tries to decide whether to declare a pandemic, a top official said yesterday.

Keiji Fukuda, WHO acting assistant director-general, said most of the people infected in Europe and Asia to date had been to Mexico, the outbreak epicentre, and had not caught the virus from the community at large.

It remains unclear when, or whether, the United Nations agency will raise its pandemic alert to the top

Infections

• The WHO has confirmed 1,025 infections, including 26 deaths, in 20 countries around the world.

of its 6-point scale and activate emergency response plans to fight the virus known popularly as "swine flu."

"We continue to see a number of infections related to travel in a number of different countries," Fukuda told journalists in Geneva, where the WHO is headquartered.

REUTERS

Obama to overhaul tax policies

PROPOSAL U.S. President Barack Obama vowed yesterday to overhaul tax policies that he said reward companies for shifting U.S. jobs overseas and allow wealthy people to evade taxes using offshore accounts.

The White House estimated the plan would save \$210 billion US over

the next decade.

In one proposal businesses are poised to fight, Obama would tighten tax-code provisions that allow firms to defer paying taxes on profits they make overseas as long as those earnings are plowed back into the foreign subsidiaries.

REUTERS

Pakistan battles Taliban

Widening influence of militants worries Americans

Pakistani forces battled Taliban fighters yesterday as the militants denounced the army and government as U.S. stooges and said a peace pact would end unless the government halted its offensive.

The February pact and spreading Taliban influence have raised alarm in the United States about the ability of nuclear-armed Pakistan — important in efforts to stabilize Afghanistan — to stand up to the militants.

Last month, U.S. Secretary of State Hillary Clinton accused Islamabad of abdicating to the Taliban while U.S. President Barack Obama expressed grave concern the government was "very fragile" and unable to deliver basic services.



Supporters of the Sunni Tehreek religious party take part in an anti-Taliban and anti-U.S. march through Islamabad yesterday.

Obama will present his strategy for defeating al-Qaida to Pakistan and Afghanistan leaders tomorrow amid growing U.S. concern it is losing the Afghan war.

In the Buner valley, 100 kilometres northwest of

the Pakistani capital, security forces backed by helicopter gunships and artillery attacked militants in three hamlets yesterday, residents and security officials said.

"There's been heavy firing going on since morn-

ing. It's very scary. Troops are using heavy artillery and gunships," resident Nasir Khan told Reuters by telephone.

A military spokesman said seven militants, including a commander, were killed. One soldier was killed and three wounded.

The militants were also using about 2,000 villagers as human shields, the military said.

Buner is to the southeast of the Swat valley, where in February authorities gave in to a Taliban demand for Islamic sharia law as part of a deal to end nearly two years of violence in the former tourist destination.

However, the Taliban refused to give up their guns and pushed into Buner.

REUTERS

India Going to market



Farmers transport watermelons on their camels on the banks of the Ganges River, to sell at a market in the northern Indian city of Allahabad yesterday.

News in brief

PIRATES Russian President Dmitry Medvedev yesterday suggested establishing an international court to try suspected pirates. Russia last week said it had captured a pirate vessel with 29 people on board off the coast of Somalia.

ISRAEL A senior United Nations official said yesterday he would travel to Israel soon to seek an early Israeli withdrawal from parts of a village on the border with Lebanon in line with a Security Council resolution.

REUTERS

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U.S. concerned with China's military buildup

China's buildup of military power funded by a strong economy appears aimed at the United States, the chairman of the U.S. Joint Chiefs of Staff said yesterday. **REUTERS**

world 9

Karzai blasted for his choice of VP

Running mate accused of human rights abuse

Afghan President Hamid Karzai registered to run for re-election yesterday, but was criticized for naming a former guerrilla chief accused of rights abuses as his senior running mate.

As the Aug. 20 election draws closer, Karzai appears to be approaching an all but unassailable position, with the opposition struggling to name a contender with a broad enough support base to win.

"I have taken this decision for the welfare and interest of the people of

Afghanistan," Karzai, who has led Afghanistan since 2001, said of his decision to seek a second term.

"We will endeavour to bring security, peace and tranquillity to Afghanistan," he told reporters outside the offices of the electoral commission. "As in the past, we will make mistakes... but we will be in the service of the Afghan nation."

Karzai selected former Defence Minister Mohammad Qasim Fahim as his senior vice-president, ignoring the pleas of the head of

the United Nations mission in Afghanistan who met the president several times in recent days to persuade him to pick someone else.

UN envoy Kai Eide was "saddened" and "disturbed" by the choice of Fahim, a one-time guerrilla chief rights groups have linked to accusations of abuse, said a source close to Eide.

Brad Adams, Asia director of New York-based watchdog Human Rights Watch, said: "To see Fahim back in the heart of government would be a terrible step backwards for Afghanistan."

REUTERS

Hamid Karzai

New York Musing about models



A visitor views an installation for The Costume Institute's "Models As Muse" exhibit at the Metropolitan Museum of Art in New York yesterday.

Obama to meet Karzai, Zardari

LEADERS U.S. President Barack Obama presents his strategy for defeating al-Qaida to the leaders of Afghanistan and Pakistan tomorrow amid growing U.S. concern it is losing the war and neither is a reliable ally.

The White House meetings with Pakistani President Asif Ali Zardari and Afghan President Hamid Karzai are likely to be cagey affairs — both visitors have been heavily criticized by Obama's administration and are also wary of each other.

Equally, Obama's new strategy for defeating al-Qaida and Taliban militants operating has not been universally welcomed in either country.

REUTERS

Aussies criticized for delaying climate plan

CARBON Australia needs to declare its commitment to cut carbon emissions before the Copenhagen summit in December or risk weakening the outcome of global climate talks, the head of the UN climate panel said yesterday.

Australia announced a one-year delay in a major changes to its carbon trading plans yesterday, citing the global economic recession for the need to delay the start date until July 2011 but the country may raise its target for cutting emissions.

Demands

- Australia's decision to put back its carbon-emissions trading scheme followed demands from businesses to soften the carbon regime.

"If you have even one or two developed countries not showing adequate commitment in this business, that would rub off on the others," R.K. Pachauri chairman of the UN's Intergovernmental Panel of Climate Change said.

REUTERS

News in brief

NUKES A meeting on the troubled global treaty against nuclear arms highlighted a sharp split between rich and poor

nations yesterday, with developing states complaining about their shrinking access to atomic technology.

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Comment & Views

Comment

Conservatives: The new kings of pork?

NationalReport



metronews.ca/nationalreport

Back in the days of Jean Chrétien, conservatives had your proverbial field day cutting up the Liberals for the way grant money was distributed. They would, quite correctly, point to large per-

centages of the funding going to Liberal-held ridings while very little went to the constituencies of opposition members. Very interesting, they said — and what a sham! The Grits were feathering the nests of their own supporters. Chrétien, said Alliance MP Jason Kenney, was “the king of pork.”

The Conservatives vowed, of course, that, once in power, they would never do that kind of thing.

But now we have some news. It's been revealed that in regard to a \$45-mil-

lion program for disabled Canadians, Conservatives shovelled no less than 94 per cent of the funding to Conservative-held ridings. The other three parties, the Liberals, the NDP and the Bloc Québécois, divvied up the remaining six per cent.

The figures were released by Liberal MP Michael Savage, who examined the program, which is called the Enabling Accessibility Fund. What's going on is “pretty blatant,” he said.

Human Resources Minister Diane Finley denied there was any favouritism

involved in the process. “The awards are based on applications and the quality of those applications.” In other words, she was suggesting it was just a coincidence that almost all the handicapped people in need just happened to be in Tory-held ridings.

Yes, Finley — and Elvis Presley is not only still alive, he's giving a concert in Moose Jaw tomorrow night.

Given how bitterly partisan the Harper government has shown itself to be, no one should be surprised

that this kind of thing is going on. The question is the extent of it. If the Opposition can prove it is widespread, we may have new kings of pork.

The Liberals have difficulty scoring points on such issues. Given their record on the sponsorship scandal and Shawinigate they get beamed any time they complain about anyone else. Indeed, Finley remarked last week how rich it was of them to raise it.

But that shouldn't stop them — and the other opposition parties should be

all over it. The Finley analysis would appear to suggest that if another government did it, so can we. But, of course, one of the reasons the Conservatives were elected was to clean up the previous government's act.

Judging by this file and several others dealing with clean government — secrecy, one-man rule, patronage, the Cadman affair, the in-and-out controversy, etc. — they have failed the test.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Youth depression can be beat, if treated



David Venn



Dr. Stan Kutcher

Melissa was in my office crying. At 18 years old, she had just returned from college feeling like a failure. Her interest in her friends and school had declined, and she had spent much of the last month in her room, avoiding classes and drinking. In addition, she was sleeping poorly and was not eating very much.

During our chat, she con-

fessed that she felt her life was not worth living, and had thought about ending it with a fistful of pills. She didn't think anything could help her feel better and would roll her eyes when I'd suggest something. Melissa was young, smart, attractive, considerate, thoughtful and depressed.

Depression is a mental disorder affecting about eight per cent of Canadian youth, usually starting between the years of 14 and 25. Depression is a serious illness that may negatively affect relationships, academic and vocational success. Frequently, it's a life-long problem — more than 70 per cent of teens who ex-

perience an episode of depression will have another episode within five years.

Depression can be successfully treated. However, many young people with depression do not get the help they need. It may be confused with “normal teenage behaviour,” so instead of receiving help, the teen is ignored or criticized.

Fast-forward five months. Melissa bounced into my office. She didn't want to stay long because she was heading out with her friends. Her mood was cheerful, and she was limiting her drinking to only a few beers on the weekends. She was sleeping better, working hard, and was spending her

evenings out with friends or at dance class. She was planning to go back to university in the fall and wanted to study psychology to learn more about depression.

Melissa's story represents hope for young people living with depression.

It's time to stop stigmatizing people who have a brain disorder called depression. It's time to make sure the care that is needed is easily available. It's time Melissa's story is the norm, not the exception.

David Venn is a project co-ordinator on the Sun Life Financial Adolescent Mental Health Knowledge Translation Team. Dr. Stan Kutcher is the Sun Life Financial Chair in Adolescent Mental Health at Dalhousie University in Halifax, N.S.



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GM takes \$500 million in Canadian loans

General Motors Corp.'s Canadian unit accepted \$500 million in short-term loans from the federal and Ontario governments yesterday to help it restructure in time to qualify for longer-term aid. The funding is to be used only for working capital while GM revamps ahead of a June 1 deadline imposed by Washington and Ottawa. **REUTERS**

11

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



RIM upgrading smartphone

New version of BlackBerry Storm to aid retail market push

Research In Motion is planning a next-generation version of its touchscreen BlackBerry Storm smartphone as part of a continuing push into the retail market, its CEO said yesterday.

"We see this very large and untapped consumer market," Jim Balsillie said during a presentation to analysts and investors, adding that more than half of RIM's 25 million subscribers now fall into the non-corporate category.

Asked about whether the Storm — which de-

RIM thriving in U.S.

• The latest data shows RIM is doing well: Research firm NPD Group reported yesterday that the company's BlackBerry

Curve moved past the iPhone to become the best-selling consumer smartphone in the U.S. in the first quarter.

buted to mixed media reviews last year — has been a hit, Balsillie said "that product was a huge success in terms of sales and adoption."

The Storm was seen by many analysts as RIM's direct answer to Apple's popular iPhone, which is also a

touchscreen device.

Balsillie said Storm sales remain strong and added "we have next-generation devices with that and the whole roadmap."

Success of individual handsets is crucial to RIM, especially as it pushes deeper into the retail mar-

ket, where consumer tastes can be fickle.

The potential market is huge, since every mobile phone user can theoretically be turned into a smartphone user. Retail is also a good way for RIM to diversify its user base.

RIM has stacked its product lineup with consumer-friendly handsets like the Storm and the BlackBerry Pearl and loaded them up with multimedia features like photo-management software and music players.

REUTERS

In brief

UNIONS Air Canada said yesterday it was seeking support from its unions for "a moratorium and other conditions on funding" its more than \$3-billion pension deficit, but the Canadian Auto Workers union, which represents about 4,500 unionized staff at the airline, warned against gutting the pension plans.

RETIREMENT Hundreds of unionized employees at insolvent forestry company Abitibi-Bowater will likely soon be able to take long-planned early retirements after a Quebec judge ruled illegal the company's unilateral plan to amend their labour contracts.

MEDIA Shaw Communications Inc. president Peter Bissonette says the cable operator is serious about buying three money-losing local TV stations from CTV for \$1 each, and turning them into profitable operations.

REUTERS

Chrysler/Fiat alliance challenged

AUTO A group of investment funds sought yesterday to block Chrysler's planned alliance with Italian automaker Fiat SpA.

The dissenting lenders led by Oppenheimer Funds and Stairway Capital argued in a New York bankruptcy court that the sale proposal was "orchestrated entirely by the U.S. Treasury and foisted upon the debtors."

A lawyer for the group, Tom Lauria, said some identified publicly in the politically charged reorganization have received death threats, "which they perceive as being bona fide."

U.S. President Barack Obama called the dissenters "speculators" in public criticism last week for refusing to join Chrysler's biggest banks in a government-brokered deal to wipe out Chrysler's



Sergio Marchionne, CEO of Fiat, arrives for a meeting in Berlin yesterday to convince German leaders of his plan to create a European car giant in acquisition of General Motors Corp.'s Opel unit.

\$6.9-billion US debt and move forward with the Fiat alliance.

Chrysler has asked to schedule a hearing as soon as May 21 to approve a \$2-billion sale of most of its assets.

Meanwhile, Fiat CEO Sergio Marchionne said Sunday his company could seek a merger with General Motors Corp.'s Opel unit, then spin off and list the combined entity.

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MGM Mirage posted a quarterly profit only after a huge gain from selling a resort, but its shares rose 5 per cent after the largest Las Vegas Strip casino operator said room cancellations were slowing. **REUTERS**

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U.S. banks need capital: Source

U.S. regulators have deemed that about 10 of the 19 U.S. banks being stress tested will need to raise more capital, according to a source familiar with official talks.

The largest U.S. banks have been negotiating with regulators about how much of an additional capital buffer the banks will need to sustain losses that

might occur if economic conditions deteriorate further. The government is scheduled to release the official results Thursday.

The exact roster of banks needing to build their capital positions is still unclear. Banks are expected to be briefed on the official results today. The Federal Reserve and Treasury Department also will tell them

how policymakers plan to publicly unveil the market-sensitive results, the source said, speaking anonymously because the discussions are private.

Citigroup and Bank of America are expected to be among the companies needing to boost their reserves, Fred Dickson, chief market strategist at D.A. Davidson & Co said Friday.

Wells Fargo and JPMorgan also are among the banks likely to need more capital, Dickson said.

Bank of America, Wells Fargo and JPMorgan did not immediately respond yesterday to a request for comment. An official from Citigroup declined comment.

Fed Chairman Ben Bernanke and Treasury Secretary Timothy Geithner are scheduled to present the findings of the regulatory stress tests Thursday in a 150-page document, the source said.

The document will include both aggregate results that reveal forthcoming credit losses in the banking sectors, as well as individual bank results that reveal the capital needs of the largest banks' holding companies, should the recession prove longer and deeper than what the government expects.

But some industry insiders worry that the stress test results will come at a time when the sector is starting to see positive effects from some surprisingly strong first-quarter earnings figures.

"I think the great risk there is that you create some new uncertainty and concerns at the very time the financial condition of the banking industry is turning for the better," Wayne Abernathy, an executive at the American Bankers Association and a former Treasury official said earlier yesterday.

REUTERS

Recession fading, says Fed official

PROJECTION The U.S. recession is fading and growth will resume later this year, which means the Federal Reserve must not wait too long before tightening monetary policy, a top Fed official said yesterday.

"While overall activity is still contracting, it now appears as if the pace of contraction is diminishing, and at some point later this year, activity will bottom out and begin expanding again," Richmond Federal Reserve President Jeffrey Lacker said in a speech yesterday.

Lacker, a voting member of the Fed's policy-setting committee this year, said stable price expectations should keep the risks of deflation at bay. But the Fed should not take risks with inflation by waiting too long to tighten policy.

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Crisis ripples across coffee industry

COLOMBIA The global financial crisis has begun to crimp demand for high-value coffees and retail sales of coffee products as consumers cut spending, the director of Colombia's National Federation of Coffee Growers said.

Gabriel Silva said the global coffee market remains in a deficit that has driven up premiums on high-demand origin coffees such as many of the arabicas produced in Colombia, the world's No. 3 coffee exporter.

"Now we are seeing an increase in coffee preparation at home."

Gabriel Silva are seeing a shift in coffee consumption away from coffees of high value to quality coffees that are more accessible," Silva said at the Reuters Latin American Investment Summit. "Now we are seeing an increase in coffee preparation at home."

Premiums on coffees such as Colombia's arabicas have skyrocketed due to shortages in supplies, but Silva said he expected those to normalize in the second half of this year as production in key exporters returned to historical averages.

REUTERS

Apple's cash grows, but no hint of plans

TECH Apple Inc. has nearly \$29 billion US of cash on hand, a pile of money exceeded at only one other tech company, but if the past is any guide, stockholders aren't likely to share in the wealth any time soon.

The iPod, Mac and iPhone maker does not routinely pay a dividend, repurchase stock or acquire companies, so what it will do with its war chest presents something of a mystery.

Many analysts are skeptical that Apple will distribute any of the money via dividend or buy back shares, saying being flush is never a bad thing, especially in an uncertain economy. But not all analysts agree.

"I think the pressure is definitely mounting," said Scotia Capital analyst Gus Papageorgiou. "It's just too big a number."

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can be done in a few easy steps:

• Ask yourself: What does my wallet say about me?

Is your cash organized in a wallet or purse? Or are coins and bills crumpled and shoved away in a ragged old handbag? If you are serious about attracting more money into your life, you need to first treat the money you have with the respect and value it deserves.

• Make a list of how you are both respectful and disrespectful towards your money.

Do you spend money on

others when you can't afford it? Do you wash your clothes, when they are still clean and could be worn a second time? Do you wait until the last minute and send a package with express delivery, when it could be sent regular mail, with just a little bit of planning?

We are willing to bet that in the instances in which you have respected your money, pleasurable things have happened, while in the other instances, you have experienced unhappy consequences.

"Pay yourself first. We've all heard this before, but are we actually doing it? Respect yourself and what your money can do for you in helping you reach your goals. Even if you can only afford \$25 each month."

• Be positive about money.

Being a Smart Cookie is not about doom and deprivation. Rather it is about focusing on the positives and attracting more money into your life. If you grew up believing that money was evil, that you needed to hoard your money, or that to want to make money is selfish, you likely

still allow these beliefs to control you and the way you approach life.

If you catch yourself talking about what you don't have, stop yourself. Instead, shift your thinking.

Start focusing on what you really want and how it will feel once you have it. And of course, be grateful for what you already have.

• Pay yourself first.

We've all heard this before, but are we actually doing it? Respect yourself and what your money can do for you in helping you reach your goals. Even if you can only afford \$25 each month, make sure that that money is automatically transferred off the top each month into your dream fund.

• Respect your stuff.

Although material items are just that, you need to respect them, and the amount of money you

spend on acquiring them. Think of all the money you could have, if you stopped spending money on replacing things.

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your money **15****MoneyMatters**

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

Even without a recession, your family should have a backup plan

Q Two months ago, my husband's company reduced his work-week to four days. Last week, the company put all employees on two days of work per week. Now we cannot meet our financial obligations.

What can we do?

A — **Olivia** To quote a certain popular figure south of our borders: "It will get worse before it gets better." With many financial institutions awash in red ink, it's not

surprising that other industries will follow. This past weekend made history, as Chrysler sought bankruptcy protection and filed for Chapter 11. The ripple effect will be felt in Canada, with many sectors directly and indirectly re-

lated to the auto industry. Part of a family's budget should have some contingency plan in place, in the event of circumstances such as yours. Under normal circumstances, the possibility of a partner's job loss should be consid-

ered. In our economy, it is much more of a reality.

Your husband should consider other employment, full-time and part-time. Seek other family support, if they are able. Cut all expenses that are not a necessity.



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A FUTURE WITH PEACE OF MIND

The Calgary Hitmen now trail the best-of-seven Western Hockey League final 0-3, after the Kelowna Rockets won 2-0 last night in Kelowna, B.C. The next game of the series is tomorrow in Kelowna. **METRO NEWS SERVICES**

Sports



"We all know who the real No. 1 is ... Quite frankly, I'm the best in the world."

Serena Williams at the Italian Open yesterday, on being overtaken in the WTA rankings two weeks ago by Dinara Safina. The Russian Safina, who holds the No. 1 ranking despite never winning a Grand Slam title, says her position is well-deserved. "Last year I won four titles," she said. "So I think I belong to this, because this doesn't come out of sky." **METRO NEWS SERVICES**

EDITOR: JOHN.CHICK@METRONEWS.CA

Derby winner will race in Preakness

HORSE Surprise Kentucky Derby winner Mine That Bird will run in the Preakness Stakes, the second leg of U.S. thoroughbred racing's Triple Crown, the gelding's trainer said yesterday.

Trainer Chip Woolley had wavered because the mile-and-three-sixteenths Preakness at Pimlico racecourse on May 16 is the shortest of the Triple Crown races and Mine That Bird performs better at longer distances.

"You cannot have a Triple Crown winner without having the Derby winner in the Preakness," Woolley told the Pimlico racecourse website (pimlico.com).

"That played into our decision but the horse looks super. I have never been to Baltimore, but it looks like I won't be able to say that in a few days."

REUTERS

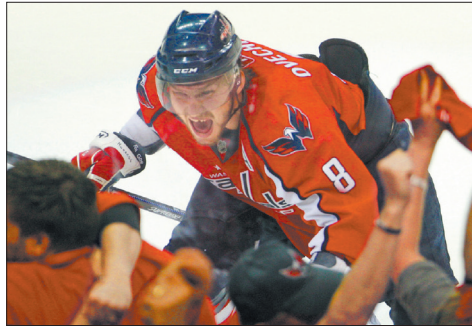
Hats off to Ovechkin

Stanley Cup
2009 Playoffs

Alex Ovechkin notched his first career playoff hat trick, leading the Washington Capitals to a 4-3 decision over the Pittsburgh Penguins in Game 2 of their Eastern Conference semifinal battle in Washington last night.

David Steckel provided the other goal for the Capitals, who lead the set 2-0 and hadn't won the first two games of a playoff series since the 2003 Eastern quarterfinals against Tampa Bay. Viktor Kozlov and Sergei Fedorov each contributed two assists and Simeon Varlamov stopped 33 shots.

Sidney Crosby equaled his Capitals counterpart with a three-goal game for the Penguins, who have



Alex Ovechkin celebrates his third goal last night.

not faced an 0-2 series deficit since the 2008 Stanley Cup Finals with Detroit. Marc-Andre Fleury allowed four goals on 33 shots in the setback.

Ovechkin rocketed home a dish by Mike Green from the left circle, and the Caps led 3-2, with 7:07 left in regulation. The go-ahead score came just

four seconds after Pens forward Evgeni Malkin was sent off for tripping.

Ovechkin finished off the hat trick almost 2½ minutes later, using Pittsburgh defenceman Sergei Gonchar as a screen and ripping a wrist high over Fleury's glove for a 4-2 Caps lead.

METRO NEWS SERVICES

Sutter breaks down season

LAURENCE HEINEN
for Metro Calgary



When asked to assess the Calgary Flames season, GM Darryl Sutter discussed both the positives and the negatives.

"We had a very good season," said Sutter during a one-on-one interview on Monday. "We solidified a playoff spot with five games left, which is difficult to do and we went into the last weekend to win (the division) and we didn't."

A slew of injuries, most notably to shut-down defenceman Robyn Regehr, hampered Calgary's quest firstly to win the Northwest Division title and then to advance past the Chicago Blackhawks in the first round. "I don't use injuries as an excuse," Sutter said. "I thought it was a factor in the playoffs because you just don't take players like

Robyn Regehr out of your lineup and replace them."

While he's happy to have top players like Jarome Iginla, Miikka Kiprusoff, Regehr and Dion Phaneuf under contract beyond next

season, Sutter said they'll have to play better if the Flames hope to make it further in the playoffs. "When you

are looked on as a top team, then your top players have to elevate their game," he said. "As a group we struggled with that."

When asked about the future of bench boss Mike Keenan, Sutter said he still has to evaluate all of the coaches in the coming weeks.

"We have seven or eight coaches, which includes moving our farm team to Abbotsford," he said. "It's about a staff. It's not about one person."

Sutter

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Canada ends round robin with shootout loss

WHC RESULT

Finland 4, Canada 3 (SO)

IIHF Hannes Hyvonen scored the game-winner in the shootout, as Finland

earned its way into the quarterfinals with a 4-3 decision over Canada in the Group F finale.

Niko Kapanen, Tuomas Pihlman and Anssi Salmela tallied for the Finns, who

had to win in regulation in order to finish first in the group. Pekka Rinne stopped 29 shots in regulation.

Dany Heatley picked up two goals for the Canadians, who finished first in

Group F and will face Latvia, the fourth-place nation from Group E, in a Thursday quarterfinal.

Dwayne Roloson made a spectacular 50 saves in regulation. **METRO NEWS SERVICES**

Things that make an **ACAD** Grad Show

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Sports in brief

NHL New York Rangers forward Markus Naslund has told the team he is retiring, according to the New York Post. The 35-year-old signed a two-year contract with the Rangers last year after 11 seasons with Vancouver. **METRO NEWS SERVICES**

SCOREBOARD

NHL	YESTERDAY'S RESULT
Washington 4 Pittsburgh 3	
TONIGHT'S GAMES	
Vancouver at Chicago	
Detroit at Anaheim	
NBA	YESTERDAY'S RESULTS
Orlando 95 Boston 90	
Houston at L.A. Lakers	
TONIGHT'S GAMES	
Atlanta at Cleveland	
Dallas at Denver	
MLB	YESTERDAY'S AL RESULTS
Cleveland 9 Toronto 7 (12 Ings)	
Baltimore 8 Tampa Bay 4	
Kansas City 3 Chicago White Sox 0	
Minnesota 7 Detroit 2	
Boston at N.Y. Yankees	
L.A. Angels at Oakland	
Texas at Seattle	
YESTERDAY'S NL RESULTS	
Chicago Cubs 4 San Francisco 2	
Florida 3 Cincinnati 2 (14 Ings)	
Milwaukee 7 Pittsburgh 4	
N.Y. Mets 6 Atlanta 4	
Philadelphia 6 St. Louis 1	
Washington 9 Houston 4	
Colorado at San Diego	
Arizona at L.A. Dodgers	

Mexican player suspended for flu inference

Mexican soccer player Hector Reynoso has been suspended from the Copa Libertadores for pretending to cough and spit in an opponent's face, gestures interpreted as threatening to spread the H1N1 flu. **METRO NEWS SERVICES**

Coronation for James

NBA LeBron James has been named the NBA's Most Valuable Player, making him the first Cleveland Cavaliers player to win the award.

James garnered 1,172 points, including 109 first-place votes out of a possible 121, and was well ahead of the second-place finisher, Kobe Bryant of the Los Angeles Lakers. Bryant finished with 698 points and two first-place votes, while the Miami Heat's Dwyane Wade was third with 680 points and seven first-place tallies.

The news was announced yesterday at a press conference at James' old high school, St. Vincent-St. Mary, in Akron, Ohio.

James averaged 28.4 points, second in the league to Wade (30.2), to go along with 7.6 rebounds and 7.2 assists. His seven triple-doubles were the most in the league.

"If you know me, individual accolades I never really get high on," James said.

"This is like a team award. For me, individual accolades come when team success has happened," James said. "You look at those 14 guys over there. I got this award because of them."

METRO NEWS SERVICES

Cubs place Zambrano on DL

MLB The Chicago Cubs placed pitcher Carlos Zambrano on the 15-day disabled list with a strained left hamstring yesterday. The team listed the injury as a Grade 2 hamstring strain and is expected to keep the star pitcher out of action for a minimum of two weeks. The Cubs ace was hurt legging out a bunt single in the team's win over Florida Sunday.

METRO NEWS SERVICES

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Magic get jump on sluggish Celtics

NBA 2009 Playoffs

Dwight Howard scored 16 and pulled down 22 rebounds and the Orlando Magic, despite nearly blowing a 28-point third quarter lead, held off

Boston 95-90 in the opener of their Eastern Conference semifinal series.

The reigning NBA champions were coming off a grueling first-round win over Chicago in a series that went to seven games, including four overtime

contests totalling seven extra sessions. That series ended Saturday night and the Celtics seemed sluggish in the first half yesterday, settling for jump shots, but turned up the defence in the second half.

The Magic used a 37-7 run, bridging the end of

the first half into the third quarter, to build a 65-37 cushion before the Celtics rallied and nearly stole Game 1, but 15 turnovers, including seven from Rajon Rondo, were the backbreaker for the Celtics.

Rashard Lewis added 18 points and Mickael Pietrus

added 17 for the Magic. Howard, who was coming off a one-game suspension when he missed last Thursday's series clincher at Philadelphia, also blocked three shots.

Paul Pierce tallied 23 points for the Celtics.

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Tuesday, May 5, 2009

SPECIAL FOCUS ON:
Fitness

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Workout on the go

Fitness can happen anywhere, anytime, explains trainer

CELIA MILNE
for Metro Canada



"I can't afford a gym." "I don't have time to exercise." These excuses just don't cut it, says personal trainer Jennifer Cohen.

She believes we can all get fit using our own body weight and what we have around us. "Exercise any time, anywhere, no excuses," is Cohen's motto.

Originally from Winnipeg and now living in L.A., Cohen is co-author (with Zoomer magazine's Suzanne Boyd) of *No Gym Required: Unleash Your Inner Rock Star* (Key Porter). She has trained Hollywood hottie Keanu Reeves as well as some of the Playboy Bunnies.

This dynamo has turned her philosophy "No Gym Required" into a brand, even developing shoes that help you burn 30 to 50 per cent more calories.

"I really believe the best exercises are the classics: Push-ups, sit-ups, squats and lunges," says Cohen.



According to personal trainer and author Jennifer Cohen, exercises you can do using your own body weight — like push-ups, sit-ups and squats — are the best workouts.

"Since all you need is your body weight and some motivation, you can actually do these at home, at the office, while traveling, and wherever the mood strikes you."

The "No Gym Required"

philosophy starts with just doing something active whenever it occurs to you. "It sounds silly but just doing one small thing every day is a good habit which leads to further great lifestyle choices. If

one day you commit to avoiding escalators, you are working out. Pretty soon that becomes a habit and you always avoid escalators," says Cohen.

You can even use trains, planes, cars and buses as mini-gyms. "When I'm traveling I like to do exercises where I tighten my muscles, hold the contraction for three to five seconds, and then relax before repeating," says Cohen. "That way my workout is subtle and I still keep my body moving." When seated, lift your toes while keeping your heels planted and hold for five seconds before releasing and repeating. Or, put your bag, purse, or suitcase on your knees and do calf raises (lift your heel but keep your toes planted). You can even alternate heel, toes, heel, toes as long as you remember to keep the muscles tight for three to five seconds, she says.

To work your arms and shoulders while traveling, do tricep dips using your arm rests, as well as shrugs. Work your core by tightening your abdominal muscles. Be sure to engage the muscle and hold it for three to five seconds before repeating. "It won't exhaust you but if you do it right I guarantee you'll feel it!" says Cohen.



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Stella McCartney has been named in Time magazine's list of the world's most influential people. The designer managed to find herself sandwiched between British Prime Minister Gordon Brown and U.S. President Barack Obama. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Star Trek series boldly reborn

New recruits ready to take control of the USS Enterprise

NED EHRBAR
for Metro Canada

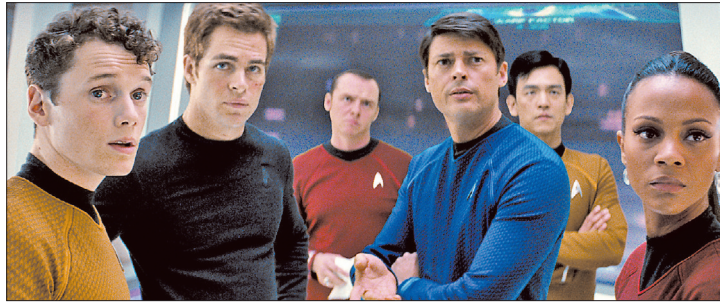
In revitalizing the more than 40-year-old Star Trek franchise — which hits theatres Thursday — J.J. Abrams knew that no aspect was more important than casting the crew of the USS Enterprise.

And while the challenge of finding actors to take on some of the most recognizable characters in film and television history was daunting, it was nothing compared to what the actors tasked with those roles faced.

In getting into the character of Spock, Zachary

Quinto was lucky enough to have one of the best resources available right on set: Leonard Nimoy, the original Spock, who also appears in the film. "He was so available and supportive and open to my questions, many of which had to do more with the impact playing this character had on his life," Quinto says.

What came as a surprise to Quinto was how much time he ended up spending on one small but iconic aspect of Spock. "I did a lot of hand exercises to make sure I could do the Vulcan salute ... I would rubber-band my pinky and my ring finger together and drive around L.A. because I could-



The crew of the USS Enterprise includes, from left, Chekov (Anton Yelchin), James T. Kirk (Chris Pine), Scotty (Simon Pegg), Bones (Karl Urban), Sulu (John Cho) and Uhura (Zoe Saldana).

n't do it at first."

While Quinto had the luxury of interacting with his predecessor, Chris Pine only had the long shadow of William Shatner to contend with. (The two actors didn't meet in person until two weeks ago.) But Pine

says he preferred not having the original Capt. Kirk hanging around. "I won't lie, I am jealous of Zachary's relationship with Mr. Nimoy," Pine says. "But I know that if I had the kind of indomitable presence of Mr. Shatner on set, it

would've been hard for me to carve my own niche."

John Cho, who inherits the role of Sulu from George Takei, also had to tread carefully when developing his character. "He's got that voice, and he's become quite the icon as a

person and as an actor," Cho explains. "I flirted with the idea a little bit, but it seemed like a very bad idea to do an imitation."

Karl Urban felt doubly responsible, being an actor as well as a longtime fan of Star Trek. As the acerbic Dr. (Bones) McCoy, DeForest Kelly was a major scene-stealer, and Urban doesn't disappoint. "It was quite surreal to be on the bridge of the Enterprise and to be saying some of those truly iconic lines," he says.

"The task for me was to try and identify the spirit and essence of the wonderful work that DeForest Kelly did and funnel that through my interpretation of what that character would be. There were many times where I wasn't quite sure where the line was."

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/5/09	267 351	- ACCESS	Alberta Primetime	Without a Trace (N)	Reaper (HDTV) (N)	Dancing With the Stars	Primitime			
	243 317	3 CFCN	etalk	Law & Order: SVU	American Idol	(10:01) Fringe (N)	News (N)			
	-	4 OMNI	TwoHalf Men	News	News	The Simpsons King	Metropia			
	-	371 5 KRLV	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Scrub	Better Off Ted		
	245 306	6 CBRT	NHL Hockey: West Semifinal -- Canucks at Blackhawks	To Be Announced	CBC News: The National	Durham County	The Hour			
	244 338	7 CICT	ET Canada	Entertainment	90210 (HDTV) (N)	Rita Rocks	Friends	Scrub	Friends	
	246	- 8 CKAL	Law & Order: SVU	Des sguettes	Tout	Beautés désempées (SC)				
	119 705	9 CBXFT	Des sguettes	Tout						
	-	- 10 SHAW	(6) Local Programming							
	-	372 12 KREM	News (N)	Hollywood	The Doctors	NCIS "Legend" (N)	The Mentalist (HDTV) (N)	Without Trace		
news	-	374 14 KSPS	NewsHour With Jim Lehrer	Nova (HDTV) (DVS)	Wild Lives	CBC News: The National	Frontline "Sex Slaves"	Independent		
	502 395	15 CBC	CBC News: The National	CBC News: The National	CBC News: The National	The Biggest Loser (N)	CBC News: The National	Bisexual		
	-	370 16 KHO	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Local Programming			
	-	373 22 KAYU	The Simpsons	Raymond	TwoHalf Men	TwoHalf Men	American Idol (HDTV)	(10:01) Fringe (N)	News (N)	
	297 652	37 WPIX	90210 (HDTV) (N)	PIX News at Ten Tong	TwoHalf Men	Friends	Sex and City	According-Jim	Frasier	
	500 500	29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Nancy Grace	Showbiz Tonight	Larry King Live	Cooper 360	Nancy Grace	
	508 502	31 CNN2	Lou Dobbs Tonight	Nancy Grace			Lou Dobbs Tonight			
	400 400	21 TSN	UEFA Champ. League Soccer	SportsCentre	NHL Hockey: Western Conference Semifinal Game 3 -- Red Wings at Ducks	(HDTV) (Live)	SportsCentre	Sportsnet Con.		
	408 418	27 net	MMA Conn	Week-Baseball	MLB Baseball Arizona Diamondbacks at Los Angeles Dodgers	(HDTV) (Live)	Final Score	Final Score	Final Score	
	410 403	30 SCORE	NBA Basketball: Teams TBA	Score Tonight	Hardcore Hockey Talk	Departures "Zambia"	Mantracker	Bounty Hunter		
sports	411 457	44 OLN	Mantracker	Dog the Bounty Hunter	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Super Bikes!
	417 406	48 SPEED	Super Bikes!	Super Bikes!	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Frank Patrol
	552 543	20 YTV	Drake & Josh	iCarly	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	557 541	39 FAM	Zoe 101	Life Derek	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad
	555 545	67 TOON	Ben 10	Johnny Test	Reba	Hope & Faith	Hope & Faith	Home Improve.	Home Improve.	Reba
	575 583	11 CMT	Reba	Reba	Big Comfy	Ziggy Game.	Max & Ruby	Babar	Backyardigans	Dora-Explorer
	553 546	17 TREE	Little Bear	Maggie-Beast	Dr. 90210	The Biggest Loser (N)				
	-	- 18 CHTV	The Insider (N)	El News	EarthWatch One	EarthWatch Two	Style by Jury	Style by Jury	Miss Naked	
	505 398	19 TWN	(5) EarthWatch One	Style by Jury	Style by Jury	Flo & Kay: Twin Savants	Lottery Changed My Life III	Unwrapped	Unwrapped	The F Word
	602 568	23 W	18 Kids-Count	18 Kids-Count	Good Eats	Good Eats	Manhunters	Manhunters	The First 48	Saving Grace
family	601 562	33 SLICE	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Real Housewives OC	Trading Sp	The River	
	-	633 34 ENC2	Seems-Old	(7:25) Hijack'd (2001, Suspense)	Lethal Weapon *** (1987, Action)	Mel Gibson.	Destroyed	Time Warp	Deadline	
	520 505	35 DISC	Destroyed	Time Warp (N)	Deadline Catch (N)	His Music	Bravonews	Law & Order	Family Guy	
	620 523	36 BRavo	Johnny Cash: The Man, His World.	His Music	Bravonews	Law & Order	Family Guy	Family Guy	Family Guy	
	294 650	40 WPCH	MLB Baseball: Mets at Braves	Home Videos	Seinfeld	Family Guy	Family Guy	Family Guy	Family Guy	
	626 547	41 COM	Laughs	Comedy Now	Air Force	Just for Laughs	Corner Gas	The Simpsons	South Park	Roast
	-	539 42 TCM	(6:30) The Mark of Zorro	Deadliest Warrior (HDTV) (N)	The Ultimate Fighter (HDTV)	Crime Stories	NCIS	Amazing Video	NCIS	
	628 584	43 SPIKE	UFC Unleashed	Crime Stories	NCIS "About Face"	Star Trek	Stargate SG-1			
	622 516	45 HIST	Crime Stories	(6) Star Trek: First Contact (1996)	(6) A Bridge Too Far *** (1977, War)	Dirk Bogarde, James Caan, Michael Caine.	Seinfeld	Raymond	Family Guy	
	627 528	46 SPACE	(6) Star Trek: First Contact (1996)	(6) A Bridge Too Far *** (1977, War)	Dirk Bogarde, James Caan, Michael Caine.	Seinfeld	Raymond	Family Guy	Family Guy	
cable variety	619 525	49 TROP	What Happen?	Design Inc.	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	
	600 564	50 HGTV	SarahCottage	Design Inc.	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	
	501 391	52 CTV	CTV Newsnet	Market Call	Encounters	In Dreams	Cashing In	Fish Out	Mixed Blessing	
	504 508	70 BNN	Squeeze Play	Missing "Deep Cover"	Wings-Canada	Storytellers	Wapos Bay	Eight Heroes	Mom's-Upset	
	526 507	92 VIVA	Missing "Deep Cover"	Wings-Canada	Storytellers	Wapos Bay	Eight Heroes	Mom's-Upset	Mom's-Upset	
	269 503	93 APTN	Wings-Canada	Storytellers	Wapos Bay	Eight Heroes	Mom's-Upset	Mom's-Upset	Mom's-Upset	
	-	- 94 MCP	Wings-Canada	Storytellers	Wapos Bay	Eight Heroes	Mom's-Upset	Mom's-Upset	Mom's-Upset	
	571 580	100 MMM	Hogan Knows	Hogan Knows	Entourage	Gene Simmons	Degrassi: TNG	One Tree Hill	After	
	570 580	101 MM	CollegeHm	Video on Trial	Degrassi: TNG	One Tree Hill	After			
	581 566	102 MTV	Beatdown	College Life	College Life	Beatdown	MTV Live	After		

critics'corner

Fringe

Olivia starts having elaborate (and wide-awake) visions. Walter confesses his previous knowledge about the Z.F.T. manifesto. Peter's secret project is exposed, yielding some unexpected help in unraveling the mystery in the new episode "The Road Not Taken." 10:01 PM on CFCN KAYU



Without a Trace

The team races against the clock to find a teenager who was last seen in an amateur video being psychologically tormented by her unseen captor in the new episode "Devotion." Series star Anthony LaPaglia came up with the idea for this episode's story line. 8 PM on ACCESS; 11:01 PM on KREM

The Biggest Loser

The contestants learn that final challenge is to run a full marathon, a 26.2-mile course, with those who complete the marathon getting a \$10,000 bonus for the charity of their choice. After a "last-chance workout" with trainers Bob Harper and Jillian Michaels, viewers determine who will be the third finalist in the season finale. Former grand prize winners Ali Vincent and Michelle Aguilar guest star. 9 PM on CHTV KHQ

Madge adoption case adjourned

PEOPLE Malawi's Supreme Court of Appeal adjourned indefinitely yesterday a case in which Madonna is attempting to adopt a second child from the African country.

Malawi's High Court ruled last month that the pop star could not adopt a four-year-old girl because she was not a resident of Malawi. She appealed against the ruling. **REUTERS**

In brief

TV The U.S. Supreme Court ordered more consideration of a \$550,000 fine against CBS Corp television stations for airing a glimpse of pop singer Janet Jackson's breast during the 2004 Super Bowl broadcast. The order, in favour of a U.S. government appeal, sends the case back to a federal appeals court for review. **REUTERS**

Kenya'sStyle

Kenya Hunt

Read about skin products at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

De Niro exhibit at University of Texas

A treasure trove of memorabilia from Robert De Niro's film career is to go on display at the University of Texas in Austin. The materials document the movie star's professional career from the 1960s through to 2005. FEMALEFIRST.CO.UK

**DVD picks****The Curious Case of Benjamin Button**

Director: **David Fincher**

A **MAGICAL** and moving account of a man living his life resoundingly in reverse, very loosely based on an F. Scott Fitzgerald short tale from 1922, it delivers top-notch moviemaking in every department. Most impressive of all is the digital breakthrough that allows Brad Pitt to age so convincingly from very old to very young, placing his face upon the forms of stand-in actors.

Nominated for multiple Oscars, include best picture and best director for David Fincher (Zodiac), the film tells the story of a baby, Benjamin, that is born in 1918 looking like a tiny old man.

The child is so alarmingly different, his father abandons him on the doorstep of a seniors' residence, where kindly Queenie (Taraji P. Henson), takes him in. It gradually dawns on Queenie that Benjamin is aging backwards. As the years pass, a beautiful redheaded dancer named Daisy (Cate Blanchett) enters his life,



and the two recognize that they are kindred spirits.

Daisy's dancing takes her to New York, Paris and back to New Orleans, following a timeline where her natural aging eventually intersects with Benjamin's unnatural youthfulness, with attendant complications of both heart and mind.

There is no abiding message. Just the wistful observation that life has a way of taking its own path, sometimes a backwards one, and we do have choices in how we travel it.

The bountiful extras, depending on which edition you purchase, fully explore the film's groundbreaking special effects. **TORSTAR NEWS SERVICE**

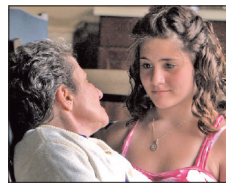
Series looks at Alzheimer's

It's been almost 15 years since former U.S. President Ronald Reagan told the world he had been diagnosed with Alzheimer's disease, hoping his disclosure would promote awareness of the heart-breaking brain disorder that slowly destroys memory.

Now, with an estimated 26 million people worldwide living with disease and a predicted 11 million by 2050 in the United States

alone, a unique series by cable TV network HBO aims to change how people think of Alzheimer's so they will put time and money into finding a cure.

The unprecedented multi-platform series runs throughout May and features four documentaries, 15 short films, a book, a community outreach program and a website (HBO.com/alzheimers) covering every aspect of



A scene from an episode of the HBO series *The Alzheimer's Project*.

Alzheimer's.

"The numbers are grow-

ing at a rate that nobody ever fathomed. As baby-boomers age, it is coming right at us and we have to do something," said Maria Shriver, wife of California Governor Arnold Schwarzenegger and executive producer of *The Alzheimer's Project*. "This is an epidemic for this generation. A cure is within our reach if we focus on it, allocate the money and pressure our lawmakers." **REUTERS**

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Hugh Jackman will produce and star in a screen adaptation of Doug TenNapel's graphic novel *Ghostopolis*, about a supernatural immigration task force agent who teams up with a female ghost to retrieve a boy accidentally sent to the other side. **THE HOLLYWOOD REPORTER**

Jackman crossing over

Celebrity Buzz

Meeting Bruno traumatic: Paula

PEOPLE Paula Abdul says meeting Sacha Baron Cohen in character left her traumatized for a year, femalefirst.co.uk reports.

The American Idol judge — who had no idea she was being filmed for Cohen's new movie, which features his latest alter-ego, flamboyant Austrian fashion reporter Bruno — said: "It was hysterical, but it was so disturbing. It is the most interesting, wacked-out situation that happened to me. I was scarred for my life for a year. I walk into the home, and I'm greeted by this futuristic Captain Nemo-looking dude with a Mohawk and he's flaming. And I'm going, 'Oh, this is going to be one of those fun Japanese game shows.' I'm like, 'OK, this is weird.'"



METRO
WORLD
NEWS

The Hoff suffers alcohol poisoning?

HEALTH David Hasselhoff was reportedly found unconscious at his home in Encino, Calif., due to alcohol poisoning, according to radaronline.com.

He was allegedly "barely breathing when they got him to the hospital," a source reportedly says to the website. "This is about the seventh time he's been taken to a hospital over the last few years with alcohol poisoning."



METRO
WORLD
NEWS

Not retiring yet: Naomi

CAREER The supermodel Naomi Campbell has dismissed reports she's retiring from the runway to start a family — and says she's not finished with fashion yet, femalefirst.co.uk reports.

The 39-year-old recently revealed she dreams of motherhood and one day plans to slow down her career — prompting speculation she wants to retire and settle down with tycoon boyfriend Vladislav

Doronin. She said, "It'll be 25 years (as a model) next year. In terms of fashion shows, I don't really see myself doing every show everywhere. I'm a woman and I'd like to be a mother one day."

But she's not ready to quit just yet. Her



spokesperson told the website earlier this week, "She's absolutely not retiring from fashion. She loves what she does for a living and she's not planning to retire."

METRO
NEWS
SERVICES

Arnie's Terminator passé: Bale

MOVIES Christian Bale says Arnold Schwarzenegger is no longer relevant to the Terminator movie franchise, femalefirst.co.uk reports.

The Terminator Salvation star — who stars in the forthcoming latest installment of the sci-fi series — says the new blockbuster is dramatically different from when the 61-year-old actor-turned-

politician played the title character in 1984.

He said: "Terminator 2 is the original nightmare of just being pursued that everyone has, by somebody who just will not stop, never stops, doesn't



give up. When you've got someone who looked like Schwarzenegger coming after you it made a big difference but nowadays, it wouldn't really — we've seen so many guys who imitated him and it just became a little passé."

Although pleased with the results, Bale says disassociating the movie from Schwarzenegger's cyborg assassin role in the sci-fi hit *The Terminator* was a challenge.

METRO NEWS SERVICES

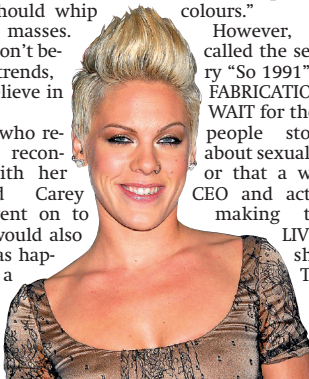
Not just a song: Pink's coming out

SEXUALITY Grammy-winning singer Pink has talked about her sexual encounters with women in the past — but in a new interview, the singer talks for the first time about being bisexual, *The Advocate* reports.

"I'm not embarrassed about being bisexual," Pink told the U.K.'s *News of the World*. "This is who I am. Love is pure and I try to keep it that way. This is who I am, what I feel. I think it's unnecessary to draw the subject out, but I think it even more stupid not to

discuss it. It seems as if bisexuality is a trend and I should whip up the masses. Well, I don't believe in trends, I just believe in me."

Pink, who recently reconciled with her husband Carey Hart, went on to say, "I would also be just as happy with a new woman. I'm not compli-



cated, I sing about love in all its shapes, forms and colours."

However, Pink has called the sexuality story "So 1991" and "100% FABRICATION." "Can't WAIT for the day when people stop talking about sexual preference or that a woman is a CEO and actually start making the world LIVEABLE," she wrote on Twitter.

METRO
NEWS
SERVICES

Jenny heads to TV land?

TELEVISION The outspoken Jenny McCarthy is joining forces with TV's queen of talk, Oprah Winfrey — for, among other projects, her own talk show, people.com reports.

For starters, according to the Hollywood Reporter, McCarthy, 36, has already launched her own blog on oprah.com. Friday's entry concerned PMS and sugar. The trade paper likens McCarthy's

chances to break through to those others who previously have aligned with Winfrey, including Rachael Ray and Dr. Phil.

McCarthy has already been a frequent guest on The Oprah Winfrey Show, discussing, among other topics, how she took on the medical establishment to deal with her son Evan's autism.

METRO NEWS
SERVICES



Maggie and Peter wed

MARRIAGE Maggie Gyllenhaal and Peter Sarsgaard made it official on Saturday: The longtime couple, who have a daughter together, tied the knot in a romantic wedding in Italy, people.com reports.

"We are happy to confirm that Maggie and Peter were married on Saturday, May 2," the actress' rep said in a statement to

People. The celebration took place in a small chapel in Brindisi, according to European news reports. Among the guests were Jake Gyllenhaal and Reese Witherspoon.



METRO
NEWS
SERVICES

GETTY IMAGES

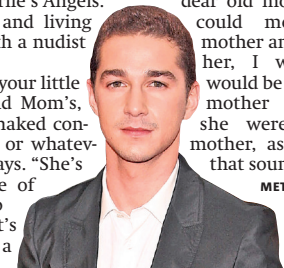
Shia's Oedipus complex?

CONFESSION Transformers star Shia LaBeouf opens up to *Playboy*, telling the magazine about the trials of going through puberty on the set of *Charlie's Angels: Full Throttle* and living in a home with a nudist mother.

"You've got your little buds over, and Mom's, like, playing naked connect the dots or whatever," LaBeouf says. "She's in the middle of goddess-group time, where it's literally a

bunch of naked women tracing auras around one another's bodies."

When asked who he finds sexy, LaBeouf says it's dear old mom. "If I could meet my mother and marry her, I would. I would be with my mother now, if she weren't my mother, as sick as that sounds."



METRO WORLD
NEWS

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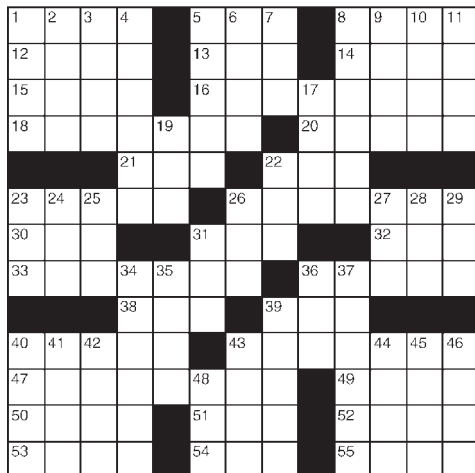
Do it daily.



Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

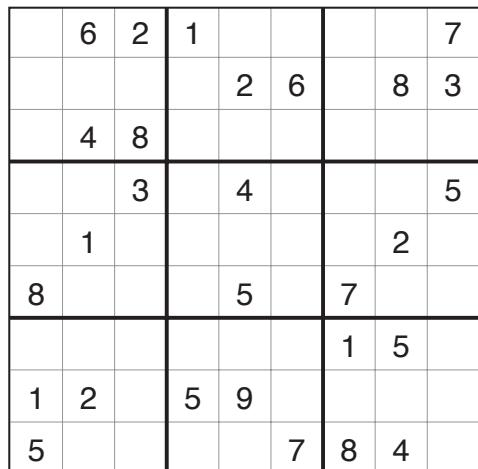
WEEKDAYS AT 6 A.M.



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



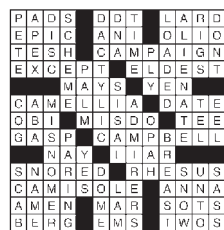
Crossword across

- 1 Amorphous movie monster
- 5 Zero
- 8 Cold War initials
- 12 Philbin's co-host
- 13 Raw rock
- 14 Entreaty
- 15 Exam format
- 16 Michael Jackson step
- 18 Portable music player
- 20 Two under par
- 21 Help
- 22 Supporting
- 23 NYC borough
- 26 Authoritative command
- 30 Oklahoma city
- 31 April 15 payment
- 32 — de deux
- 33 — bread
- 36 Become less intense
- 38 Boston team, for short
- 39 Make marginalia
- 40 Marble type
- 43 Wacko
- 47 Courtroom agenda
- 49 Get wind of
- 50 Duel tool
- 51 Bookie's due, briefly
- 52 Therefore
- 53 Line of fashion?
- 54 Hearty brew
- 55 Serves the purpose

Crossword down

- 1 Forehead
- 2 Old Italian money
- 3 October birthstone
- 4 Romanian, e.g.
- 5 Wanderer
- 6 Press
- 7 Zodiac cat
- 8 To the sky
- 9 Refinery waste
- 10 Hawk
- 11 Croupier's tool
- 17 Night light?
- 19 Blend
- 22 Send quickly
- 23 Foul
- 24 Mineral stat
- 25 Feedbag tidbit
- 26 Welcome sight?
- 27 Suitable
- 28 Greek cross
- 29 Kreskin's claim
- 31 Monkey suit
- 34 Honour
- 35 Yuletide refrain
- 36 Parcel of land
- 37 Left a good impression?
- 39 Arbitrator
- 40 Experts
- 41 Stare open-mouthed
- 42 Cruising
- 43 Perform perfectly
- 44 Re planes
- 45 Wise one
- 46 Cupid's alias
- 48 Eggs

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	6	7	5	3	2	1	9	8
9	1	5	8	4	6	3	2	7
2	8	3	9	1	7	4	6	5
5	9	1	6	8	4	2	7	3
3	2	6	7	5	9	8	1	4
8	7	4	1	2	3	6	5	9
7	4	8	2	6	5	9	3	1
6	3	9	4	7	1	5	8	2
1	5	2	3	9	8	7	4	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Metro Recipe of the Day



Pesto Fish Cakes

INGREDIENTS:

- 1 lb (500 g) potatoes, peeled and cut into cubes
- 3/4 lb (375 g) skinless firm white fish fillets
- 6 3/4 tbsp (100 ml) 1 per cent milk
- salt and freshly ground black pepper
- 3 scallions, finely chopped
- finely grated zest of 1 lemon
- 2 tbsp (25 ml) pre-made pesto
- 1/4 cup (50 ml) plain flour
- 1 cup (250 ml) fresh whole-wheat breadcrumbs
- 1/4 cup (50 ml) grated parmesan
- 1 large egg, beaten
- 8 small tomatoes, halved
- sprigs of fresh flat-leaf parsley to garnish

METHOD:

1. Cook potatoes in pot of boiling water until tender, 15 minutes.
2. Put fish in deep non-stick frying pan with milk and seasoning. Bring almost to boiling, then reduce heat, cover and poach until flakes when

tested with a fork, 5 minutes. Remove fish and flake flesh, discarding bones. Reserve milk.

3. Drain potatoes and mash. Add fish to potatoes with scallions, lemon zest, pesto and 1 1/2 tbsp (20 ml) poaching milk for soft mixture. Season to taste. Allow mixture to cool.

4. Shape fish mixture into eight thick flat cakes and dust all over with flour. Combine breadcrumbs and parmesan on plate. Coat fish cakes in beaten egg and then crumbs. Chill until ready to cook.

5. Preheat oven to 375 F (190 C). Place the fish cakes on non-stick baking tray with halved tomatoes. Bake 20 minutes. Serve garnished with parsley.

SERVES 4



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20



Don't let anybody tell you how to act. There's no such a thing as too much fun. Make a diversion after a dim-witted dispute.

LIBRA
SEPT 23-OCT 23



Open your eyes to find a lost love. Have a serious chat but don't do battle. A dreamer gets the go-ahead.

TAURUS
APRIL 21-MAY 21



Your contribution is appreciated. Truthfulness is at stake during a wild excursion. Make things right with your heart.

SCORPIO
OCT 24-NOV 22



An eccentric person is freed from a load. Someone will complain about naughtiness. Don't torment anyone about past quarrels.

GEMINI
MAY 22-JUNE 21



An impromptu remark limits chances to dazzle others. Indulge yourself with a bath to calm down. Be appreciative to those who contribute.

SAGITTARIUS
NOV 23-DEC 21



Don't abandon loved ones who have money problems. Faith in true love changes a love match. An abrupt termination comes under scrutiny.

CANCER
JUNE 22-JULY 22



A digestive problem is affected by anxiety. Stop anticipating a change in strategy. A former friend will sway other people's opinions.

CAPRICORN
DEC 22-JAN 20



Fear can't keep you from trying something out. A lonely person notices what is said. You'll get satisfaction from someone's removal.

LEO
JULY 23-AUG 23



Plan activities that rest your mind. Withdraw from an alliance with a spendthrift. A hassle results when a folder is rearranged.

AQUARIUS
JAN 21-FEB 18



You'll be bored by an arrogant fool. A nasty mood provokes a sudden roar. Don't condone bad behaviour and poor judgment.

VIRGO
AUG 24-SEPT 22



You'll learn something from a grateful person. Don't torment yourself after a quarrel. The secret solution to a late call is to be unavailable.

PISCES
FEB 19-MARCH 20



A sighing friend needs some hearty laughter. A youth can spread as much joy as possible. A faithful person does the accepted thing.

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